



uidebook for Health Care

Transportable Physician Orders for Patient Preferences (TPOPP)

Providing patients respect and dignity by honoring end-of-life wishes

An educational module for health care professionals

Roy's Story

Roy is 71 years old with severe COPD and mild dementia.

- •Is in SNF after recent hospital stay for pneumonia.
- •Now having increased SOA & mental status changes.
- •EMS called when resident "not responding"; RR 8/min O2 85%.
- •Recent conversations with staff: "I don't want to be kept alive by machines.... I want to die in peace."
- EMS applies oxygen and transports Roy to ER.





In the Emergency Room

- •Roy is unresponsive and hypoxic despite oxygen.
- Chest X-ray show large lung volumes without consolidation.
- ABGs marked respiratory acidosis
- Roy is intubated and transferred to the ICU.
- •Roy appointed his out-of-state daughter as his DPOAHC but has no DNR or health care directive.





Family decisions

- •Roy's daughter is contacted and makes plans to come.
- •She informs staff that Roy wouldn't want life-support but wants to come to the hospital before making decisions.
- •Over next days, Roy becomes more responsive but remains confused.
- Roy becomes agitated and restless, pulling on ET tube.
- Daughter distressed that father's wishes not followed.
- Decisions made to sign DNR and extubate.





Change in the focus of care

After ET tube removed, Roy calms.

Plans are made to transfer Roy back to the SNF.

After two days at the SNF, Roy dies.

Is this a familiar story?





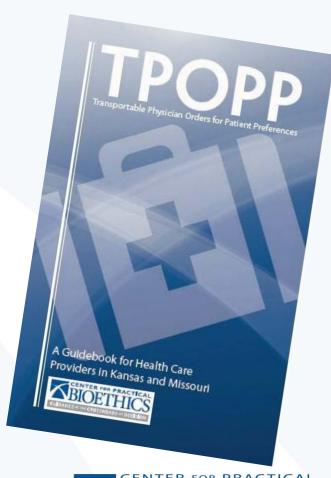
Advance Directive: Not Enough

- Focus on potentially life-prolonging treatments in limited set of circumstances
- Does not translate into medical orders for present circumstance
- Completion rate low
- Questionable validity
- Reliance on surrogate decision maker
- Not available



Purpose of today's program

- Introduce a new paradigm
- Present overview of TPOPP program
- Discuss implementation in your institution
- Promote, inspire and encourage champions in your community





Learning Objectives

- Describe purpose of TPOPP program
- Identify elements of the TPOPP program
- Determine policy and procedural components for implementing TPOPP in your facility
- Identify those who would benefit from TPOPP
- Address sections on form and specific medical orders
- Discuss disposition of completed form



TPOPP is a program designed to improve the quality of care received at a end-of-life by translating patient's treatment preferences into medical orders.



TPOPP: Transportable Physician Orders for Patient Preferences

- Medical order form designed for patients with serious illness and advanced frailty
- Converts treatment preferences into written physician orders



TPOPP: Transportable Physician Orders for Patient Preferences

- Based on conversations among health professionals, patient, and/or agent
 - about treatment goals for informed decision making
- Form travels with patient across care settings to ensure wishes are honored throughout health care system



What it is

Transparent

Patient/surrogate signed statement

Reflects current treatment preferences

Translated into actionable physician orders



TPOPP based on belief that individuals have right to make their own health care decisions



Advance Directive vs. TPOPP

| Advance Directive/ health care proxy | ТРОРР |
|---|---|
| For all adults | For those with chronic progressive illness or may die within the year |
| Complete for the future | Applies to person's current situation. Medical orders for now. |
| In effect when decision-making capacity is lost | Not conditional on decision- making capacity |
| Contains no medical orders | Set of medical orders |
| May not be available in all settings | Accompanies patient across settings |



TPOPP: POLST Paradigm program

- POLST: Physician Orders for Life Sustaining Treatment
- Oregon: Since 1991
- An approach to ensure care received agrees with patient wishes
- Treatment preferences converted to transferable set of medical orders
- Increasing body of research on effectiveness

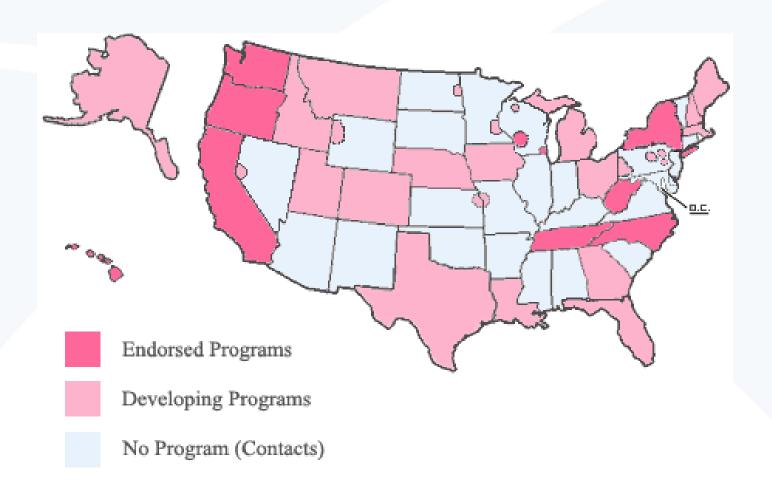


POLST Paradigm

- Term "POLST paradigm" used to describe programs with consistent components, but different names
 - ☐ MOLST New York
 - MOST North Carolina
 - ☐ POST West Virginia
 - ☐ TPOPP Kansas City area
 - www.polst.org



POLST programs nationwide





POLST Research and EMS

POLST EMTs' Experiences and Attitudes (OR)

- n=572 EMTs
- 72% had treated one patient with POLST
- 45% treatment changed when POLST presented
- 91% agreed POLST useful in determining treatment when patient apneic or no pulse

Schmidt, T., Hickman, S., Tolle S., Brooks, H. (2004) Journal of the American Geriatrics Society, 52, 1430-1434



Multi-state Study of POLST

- Comparison of POLST with traditional advance care planning:
 - Effect on presence of medical orders reflecting treatment preferences
 - Effect on symptom management
 - Effect on use of life-sustaining treatments
 - States OR, WV, WI:
 - 90 urban and rural nursing homes
 - Stratified, random sampling
 - 1711 charts: 817 residents w POLST; 894 without

Hickman, et al. 2010.



Results

- Residents with POLST forms more likely to have orders about life-sustaining preferences beyond CPR
 - (98.0% vs. 16.1%, P<.001)
- No differences between residents w and w/o POLST on symptom assessment or management measures



Results

- POLST more effective than traditional method for limiting unwanted life-sustaining treatments:
 - POLST users with Comfort Measures Only less likely to receive medical interventions (hospitalization) than residents with Full Treatment orders, traditional DNR orders or traditional Full Code orders
 - POLST users with Full Treatment orders received same level of treatment as residents without
 POLST

Multi-Study Conclusion

 POLST offers significant advantages over traditional methods to communicate treatment preferences in the nursing facility setting.

• Hickman, S.E., Nelson, C.A., Perrin, N.A., Moss, A.H., Hammes, B.J. & Tolle, S.W. (in press). A comparison of methods to communicate treatment preferences in nursing facilities: Traditional practices versus the physician order for life-sustaining treatment program. *JAGS*.



POLST as Preferred Practice

"Compared with other advance directive programs, POLST more accurately conveys end-of-life preferences and yields higher adherence by medical professionals."

National Quality Forum

A National Framework and Preferred Practices for Palliative and Hospice Care Quality:

A Consensus Report. Washington, D.C.(2006)



Developing program in KC

- KC Metropolitan TPOPP Taskforce
 - Initiative of Center for Practical Bioethics & KC
 Regional Hospital Ethics Committee Consortium
 - Multiple disciplines represented
 - Focus: Improving EOL care in KS & MO
 - Consultation with Nat'l POLST Advisory Group
 - Development of TPOPP form/Guidebook
 - Education and training



TPOPP in Topeka

- Pilot program
 - Cooperation between EMS, hospitals, nursing homes, hospice, home health
 - TPOPP champions across health care settings
 - Implementation target date October 2010
 - Medical standard of care for the community



Goals of TPOPP Program

 Document treatment preferences for CPR and other life sustaining treatments

 Translate those treatment preferences into an actionable, portable set of physician orders;

 Communicate an individual's care wishes across health care settings;



Goals of TPOPP

 Improve Emergency Medical Services' ability to treat according to individual wishes;

 Reduce repetitive documentation while complying with state laws, the Federal Patient Self-Determination Act and HIPAA.



Elements of TPOPP Program

TPOPP form is a medical order.

Form is standardized – bright pink.

Used for persons with advanced, progressive chronic illness.

Form transfers with the patient.



Elements of TPOPP Program

Provides clear direction about resuscitation status.

 May be used to limit treatment or express desire for full treatment.

 Includes clear directions about other interventions & life-sustaining treatments.



Elements of TPOPP Program

- Health professionals are trained to facilitate advance care planning discussions.
- Health professionals are trained on goals of TPOPP and use of form.
- Plan in place to monitor success of program and ensure ongoing implementation



Using the TPOPP form

| Transportar for Patient for Comfor Use medit oxygen, s patient p met in ct Treatm for Limit cardiac airway Treatm for Full ventil Treat for Patient for Comfor for | Preferences (1POF) is based on the patient's medical condition trion not completed indicates full treatment yor fax copy of this form is legal and valid. yor fax copy of this form is legal and valid. yor fax copy of this form is legal and valid. yor fax copy of this form is legal and valid. yor fax copy of this form is legal and valid. yor fax copy of this form is legal and valid. yor fax copy of this form is legal and valid. yor fax copy of this form is legal and valid. yor man to prove the control of the complete form of the cardiopulmonary arrest, follow order of the cardiopulmonary arrest with dignity. The cardiopulmonary arrest part and valid dignity. The | andor is breathing. andor is breathing. andor is breathing. and respect. Keep clean, warm, and dry. and care and other measures to relieve pain comfort through symptom manager comfort through symptom manager es care described above. Use medical treat intubation or mechanical ventilation. May intubation or mechanical ventilation. May intubation by simple treatments for rev the intubation, advanced airway intervention is eintubation, advanced airway intervention is eintubation or mechanical vention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention intervention interventio | g. atural Death) a and suffering. Use afort needs cannot be ment only. ment, IV fluids and consider less invasive care. syersible conditions. as, mechanical intensive care. is. ids by mouth if feasible, istered nutrition. ered nutrition for long te | F. DOCUMENTATION Healthcare Direct Durable Power of Name: If I lose decision agent to make all form on my behand to my behand | musting capac medical decis lift if necessary I YES I NO (Indical eviewed if the his form must bided, write the be completed no new form I Periodic re Reviewer I Reviewer | Advance Directive Healthcare documer Contact nu city, I authorize my I sions for me, includir Check YES or No ates no one other that REVIEW OF T are is substantial chan t be reviewed if the p e word "VOID" in la A patient with capa is completed, full tre view confirms curr Authorizing Signature | t* NO mber: Durable Power of Atton g any section of this f below and initial on person is authorize POPP FORM ge in the person's hea erson is transferred fro rge letters on the fron city or an authorized p atment and resuscitati ent form or may requ Location of Review | mey for Health Care or legal form, and to complete a new ed to change form) Ith status or if treatment om one care setting to another. t of the form. After voiding the proxy decision with powers to act |
|--|---|--|--|---|--|---|---|--|
| 1 | Mandatory Signature of Fer- Mandatory Signature of Fer- Healthcare, Legal Agent or Surrogate | patenthcare Patent Patenthan physician) By whom (if other than physician) By who | Date | | | | CEN | OETHI |

Target populations

Those who:

- Live with advanced progressive chronic illness.
- Are terminally ill.
- Might die within the next year.
- Wish to further define their care wishes.



Patient Profiles

Those who

- Want all medically indicated treatments including CPR
- Want to avoid all life-sustaining treatments
- Choose to limit life-sustaining treatments
- Wish to avoid CPR by requesting OHDNR



Screening question

 Would I be surprised if this patient died in the next year?

Improving care through the end of life. Launching a primary care clinic-based program, Pattison, M. & Romer. A.L. (2001)

Journal of Palliative Medicine, 4(2), 249-254.



But it's not for everybody

 TPOPP is not appropriate for person with stable medical condition or disabling problem with <u>years</u> of life expectancy.

TPOPP is voluntary decision.



Based on ACP conversation

- Timely discussions
- Facilitated by trained professionals
- Helps establish medical and non-medical goals of care
- Provides information on treatment options
- Builds decision making consensus among patient, family and medical team.



Section A: Cardiopulmonary Resuscitation (CPR)

A. Check CARDIOPULMONARY RESUSCITATION (CPR): Person has no pulse and is not breathing.

☐ Attempt Resuscitation (CPR) ☐ Do Not Attempt Resuscitation (DNR/no CPR/Allow Natural Death) When not in cardiopulmonary arrest, follow orders in **B**, **C** and **D** (below).

- Orders apply only when person has no pulse and is not breathing
- Resuscitate (CPR) full CPR measures and 911
- Do Not Attempt Resuscitation CPR not performed. Comfort measures provided.



Decisions for CPR

- Patient can NOT choose to have a CPR order and request to have an order for Do Not Intubate.
- Inconsistent preferences
- Choosing CPR implies accepting entire array of treatments in an emergency setting without limitations



Section B: Medical Interventions

| | | MEDICAL INTERVENTIONS: Person has pulse and/or is breathing. Comfort Measures only. Treat with dignity and respect. Keep clean, warm, and dry. | | | |
|-----------------|-------------|--|--|--|--|
| В | | Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use | | | |
| | | on goals clearly and manual treatment of airway obstruction as needed for comfort | | | |
| defined at each | | O transfer to hospital for life-sustaining treatment. Transfer Comfort measures provided | | | |
| Olle | lic | met in current location. regardless of intervention. | | | |
| | | Treatment Goal: Attempt to maximize comfort through symptom management only. | | | |
| | \ | ☐ Limited Additional Interventions Includes care described above. Use medical treatment, IV fluids and cardiac monitoring as indicated. Do not use intubation or mechanical ventilation. May consider less invasive airway support (e.g. CPAP, BiPAP). Transfer to hospital if indicated. Avoid intensive care. Treatment Goal: Attempt to restore function by simple treatments for reversible conditions. | | | |
| | \setminus | ☐ Full Treatment Includes care above. Use intubation, advanced airway interventions, mechanical | | | |
| | | ventilation, and cardioversion as indicated. Transfer to hospital if indicated. Include intensive care. | | | |
| | | Treatment Goal: Attempt to prolong life by all medically effective means. Additional Orders: | | | |

 Applies to emergency medical circumstances for person with pulse and/or breathing.



Subsection B: Comfort Measures only

В.

Check One MEDICAL INTERVENTIONS: Person has pulse and/or is breathing.

□ Comfort Measures only. Treat with dignity and respect. Keep clean, warm, and dry.

Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, suction and manual treatment of airway obstruction as needed for comfort.

Patient prefers NO transfer to hospital for life-sustaining treatment. Transfer only if comfort needs cannot be met in current location.

Treatment Goal: Attempt to maximize comfort through symptom management only.

 Treatment Goal: Maximize comfort through symptom management only.



Candidates: Comfort measures

- Advanced dementia
- Frail elderly with co-morbid conditions
- Hospice patients
- Elects comfort care in nursing home



Comfort Measures

Joe lives at home with his wife and has been a patient with hospice care since choosing to stop treatments for metastatic prostate cancer.

He completed a TPOPP form with his hospice social worker. His goal is to receive medical treatments focused on management of symptoms to maximize comfort.

Joe's TPOPP orders are for DNR and COMFORT MEASURES.

EMS is called to Joe's home after he fell transferring to his chair. He complains of severe right hip pain and there is shortening and external rotation of the leg.





B: Limited Additional Interventions

□ Limited Additional Interventions Includes care described above. Use medical treatment, IV fluids and cardiac monitoring as indicated. Do not use intubation or mechanical ventilation. May consider less invasive airway support (e.g. CPAP, BiPAP). Transfer to hospital if indicated. Avoid intensive care.

Treatment Goal: Attempt to restore function by simple treatments for reversible conditions.

- Goal: Attempt to restore function by simple treatments for reversible conditions.
- Transfer to hospital if indicated. Avoid intensive care.
- Continue to provide comfort measures



Candidates: Limited Additional Interventions

- Person with COPD or other chronic condition
- Exacerbation of symptoms
- Would like antibiotics, fluids, and treatment such as BiPAP or CPAP
- Does not want intubation, ventilator, or CPR



Limited Interventions

Mr. Jones lives in a long-term care facility. He has COPD and usually has one major episode of bronchitis a year.

He completed a TPOPP form with his physician. His goal is for his doctor to try treatments for the COPD that he thought had a reasonable chance of helping Joe return to his current level of function. Joe does not want artificial life support machines like a ventilator and if he got "that bad" he would want a comfort approach to control symptoms. His TPOPP orders are for DNR and LIMITED INTERVENTIONS.

Today Joe is in respiratory distress, with a RR of 40, 02 sat of 80% and deep moist cough. EMS is called to the LTC facility.





Full Treatment

□ Full Treatment Includes care above. Use intubation, advanced airway interventions, mechanical ventilation, and cardioversion as indicated. Transfer to hospital if indicated. Include intensive care. Treatment Goal: Attempt to prolong life by all medically effective means.

Additional Orders:

- Goal: Attempt to prolong life by any and all medically effective means.
- Transfer to the hospital if indicated. Include intensive care.
- Continue to provide comfort measures.

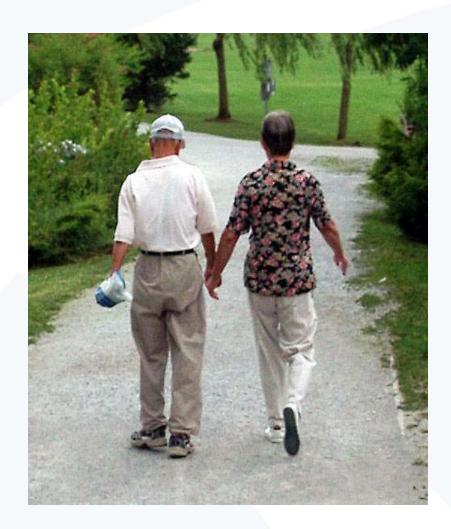


Full Treatment

Mrs. V is a youthful looking 85 year old. She is a caregiver for her husband who has dementia. She completed a TPOPP form with her nurse practitioner during the last office visit.

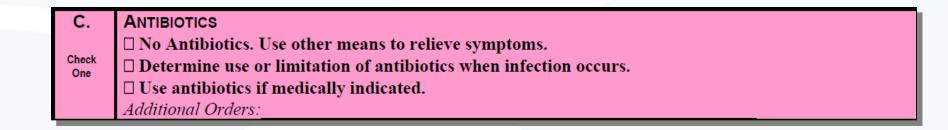
Her goal would be for the medical professionals to treat conditions that could be reversed by using treatment that had a reasonable chance of returning her to normal level of functioning. She would want artificial life support machines and painful procedures for a reasonable period of time if those treatments had a good chance of making her better. But "I don't want to get stuck on machines." Her TPOPP orders are Attempt CPR and FULL TREATMENT.

EMS is called to the home and find Mrs. V hypertensive and tachy with left sided weakness and aphasia,





Section C: Antibiotics



- Antibiotics have benefits and burdens
- Pneumonia or other infection may be final episode in frail elderly.
- Recurring infections can take toll depending on treatments.



Section D: Medically Administered Fluids and Nutrition

| D. | MEDICALLY ADMINISTERED FLUIDS AND NUTRITION: Always offer foods & fluids by mouth if feasible. | | | |
|--------------|--|--|--|--|
| Check One | ☐ No IV fluids (provide other measures for comfort) | rt) No medically administered nutrition. | | |
| in Each | ☐ IV fluids for a defined trial period | ☐ Medically administered nutrition trial period | | |
| Column | Identify goal(s) for trial period: | Identify goal(s) | | |
| | Additional Orders: | ☐ Medically administered nutrition for long term | | |

- Always offer food & fluids by mouth if feasible.
- Medically administered nutrition is delivered by feeding tube.



Section E: Reason for Order and Signatures

| E. | Basis for Orders and Signatures | | | |
|-------------------|---|------------------------|--|--|
| Check all that | Discussed with: | | | |
| an mat | ☐ Patient/Resident ☐ Agent/DPOA healthcare ☐ Parent of Minor ☐ Legal guardian ☐ Health care surrogate | | | |
| | ☐ Other:(Specify) By whom (if other than physician) | | | |
| | Mandatory Signature of Person (Parent of minor, Durable Power of Attorney for | Date | | |
| | Healthcare, Legal Agent or Surrogate | | | |
| | Physician Name (Print) | Physician Phone Number | | |
| | Physician Signature (Mandatory) | Date | | |
| НΙΡ | AA PERMITS DISCLOSURE TO HEALTH CARE PROFESSIONALS AND PROXY DECISION MAKERS AS N | CESSARY FOR TREATMENT | | |

Mandatory signatures

- Physician and
- Person or DPOAHC/or surrogate



| | E. Check all that apply | BASIS FOR ORDERS AND SIGNATURES | | |
|--------|----------------------------------|---|---------------------------|--|
| | | Discussed with: | | |
| | | ☐ Patient/Resident ☐ Agent/DPOA healthcare ☐ Parent of Minor ☐ Legal guardian ☐ Health care surrogate | | |
| | | ☐ Other: (Specify) By whom (if other than physician) | | |
| | | Mandatory Signature of Person (Parent of minor, Durable Power of Attorney for | Date | |
| | | Healthcare, Legal Agent or Surrogate | | |
| \neg | | Physician Name (Print) | Physician Phone Number | |
| | | Thysician ivame (11mt) | I hysician I none i umber | |
| | | | | |
| | | Physician Signature (Mandatory) | Date | |
| | | | | |
| | LIID | AA PERMITS DISCLOSURE TO HEALTH CARE PROFESSIONALS AND PROYV DECISION MAKERS AS NE | ECESSARY FOR TREATMENT | |
| | HIP | AA PERMITS DISCLOSURE TO HEALTH CARE PROFESSIONALS AND PROXY DECISION MAKERS AS NI | ECESSARY FOR TREATMENT | |

- Signature of patient or DPOAHC, legal agent signifies treatment preferences
- Signature of physician validates physician orders



Section F: Guides for Additional or Optional Preferences

| | FORM SHALL ACCOMPANY PERSON WHEN TR | ANSFERRED OR DISCHARGED | | |
|----|---|-------------------------|--|--|
| F. | DOCUMENTATION USED TO DETERMINE PREFERENCES FOR THIS FORM | | | |
| | Healthcare Directive or other Advance Directive | □ NO □ YES | | |
| | Durable Power of Attorney for Healthcare document* | □ NO □ YES | | |
| | *Name:Contact number:_ | | | |
| | If I lose decision-making capacity, I authorize my Durable Power of Attorney for Health Care or legal agent to make all medical decisions for me, including any section of this form, and to complete a new form on my behalf if necessary. Check YES or NO below and initial | | | |

Option to further ensure stated wishes are followed.



Optional Preferences

Harvey, a fiercely independent man, always made his own decisions and called the shots. "I want to go out on my own terms and no one going to change my plans."

Harvey was adamant about no CPR, no ventilator, no dialysis, and "nothing to prevent me dying when it is my time."

After the TPOPP form was completed, Harvey checked the box "NO" indicating that no one other than Harvey was authorized to change the form.





Section G: Reviewing the form

REVIEW OF TPOPP FORM

This form should be reviewed if there is substantial change in the person's health status or if treatment preferences change. This form must be reviewed if the person is transferred from one care setting to another.

If this form is to be voided, write the word "**VOID**" in large letters on the front of the form. After voiding the form a new form may be completed. A patient with capacity or an authorized proxy decision with powers to act may void this form. If no new form is completed, full treatment and resuscitation may be provided.

| G. | REVIEW SECTION: Periodic review confirms current form or may require completion of new form. | | | | |
|----|--|----------|-------------|--------------------|---------------------------------|
| | Date of Review | Reviewer | Authorizing | Location of Review | Outcome of Review |
| | | | Signature | | |
| | | | | | ☐ FORM confirmed - No Change |
| | | | | | ☐ FORM VOIDED, see updated form |
| | | | | | ☐ FORM VOIDED, no new form |
| | | | | | ☐ FORM confirmed - No Change |
| | | | | | ☐ FORM VOIDED, see updated form |
| | | | | | ☐ FORM VOIDED, no new form |
| | | | | | ☐ FORM confirmed - No Change |
| | | | | | ☐ FORM VOIDED, see updated form |
| | | | | | ☐ FORM VOIDED, no new form |
| | | | | | ☐ FORM confirmed - No Change |
| | | | | | ☐ FORM VOIDED, see updated form |
| | | | | | ☐ FORM VOIDED, no new form |
| | | | | | ☐ FORM confirmed - No Change |
| | | | | | ☐ FORM VOIDED, see updated form |
| | | | | | ☐ FORM VOIDED, no new form |

HIPAA PERMITS DISCLOSURE TO HEALTH CARE PROFESSIONALS AND PROXY DECISION MAKERS AS NECESSARY FOR TREATMENT

Section G

Entire form reviewed if Patient:

- Transfers from one location to another.
- Experiences substantial change in health status.
- Treatment preferences change.



Completed TPOPP form

- Travels between all sites of care.
- Kept in front of the medical chart.
- May be copied when patients transfers.
- Can be entered or recorded into electronic medical record.



Completed TPOPP form

- Bright pink for quick identification.
- Available in conspicuous location in home setting (e.g., refrigerator, bedside)
- EMS will be trained to look for ask for form
- Ensure form travels with patient to other settings.



Review and summary

- TPOPP = POLST paradigm
- National awareness and implementation
- Body of effectiveness research
- Transportable physician order form
- Transparent and current
- Provides continuity of care decisions across health settings
- Honors patient treatment wishes



Why is this program important?

- TPOPP enhances the quality of care provided to our patients.
- Ensures that a patient receives the level of care desired.
- It is a preferred or best practice.
- It improves safety, efficiency, and continuity between settings.
- It is the right thing to do for our patients.



